



ASHBURNHAM SENIOR CENTER

32 Main Street
(978) 827-5000

HAPPY AUGUST!

COMMUNITY SERVICES AND INFORMATION

- SHINE: Counselor available. Call the senior center to make appt or discuss over the phone with Shine counselor.
- Community Legal Aid of Central MA – Free 855-252-5342 or www.communitylegal.org
- Food Stamp Program (SNAP) - 978-665-8700
- Fuel Assistance – 978-342-4520 (NEFWC); 978-342-9407 (Salvation army); 877-563-4645 (Joe for Oil).
- MEALS ON WHEELS is offered Monday, Wednesday & Thursday. Call 978-345-8501 Ext #2 to register.

FREE MEDICAL EQUIPMENT LOANS
CALL OR VISIT THE COA FOR
AVAILABILITY. Depends, canes,
commode, walkers, etc...

HAVE QUESTIONS ABOUT MEDICARE
COVERAGE? INSURANCE NEEDS?
MEET (OVER THE PHONE) WITH SHINE
COUNSELOR TO GET YOUR QUESTIONS
ANSWERED.

COA DONATIONS

The Senior Center has a VERY tight budget. So, any financial support will go a long way!

How to Donate:

We are often asked how folks can donate to the COA. Interested parties can make a check out to the

Town of Ashburnham and include a note that indicates that you would like your donation to go to the COA donation Account. Your donation can be dropped off at our offices located in the Town Hall or mailed to:

32 Main Street, Ashburnham, MA 01430 Attn: COA
Donation Account

Your donation is considered tax deductible.

A Gift in Your Will

I give and bequeath to the Town of Ashburnham-
COA Donation Account in Ashburnham,
Massachusetts the sum of \$_____or _____%
of the rest, residue, and remainder of my estate to be
used for the benefit of the seniors of Ashburnham,
Massachusetts.

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### Interested in helping the mature aging adult?

We would like to start a list of businesses or dedicated workers who can care for seniors' outdoor needs such as mowing, plowing in winter, odds & ends, etc. Please call if you are reasonably priced and interested in this endeavor.

### **SHRINERS HOSPITAL**

We have a wonderful volunteer who drives to Shriners hospital to drop off can tabs as a donation to the children of Shriners. Don't throw those can tabs away! Our volunteer veteran Dan picks them up monthly.

### **FILE OF LIFE**

New updated file of life cards are available, thank you to The Worcester County Sheriff's office. Come pick yours up today.

### **FARMER'S MARKET COUPONS ARE IN**

Five more left.....

### **Forever Young Club Members**

The Ashburnham Forever Young Club is seeking officers. There are currently two open vacancies. Our first official meeting since covid will be September 13 at 12:30.

### **TRANSPORTATION**

Vans are doing regular runs to medical appointments and shopping to Gardner and other local towns. Please call ahead to schedule a pickup.

Medical trips to hospital and medical centers in Worcester can also be arranged. Thursdays are special shopping trips to Athol: Market Basket, Hobby Lobby. Bring a friend and have some fun. Assistance with loading and unloading packages will be available.

If you are sick with anything, please stay home and get your rest!

### **Thank you to...**

Lifecare Centers of Leominster for hosting a BBQ luncheon on July 9 for the Ashburnham/Westminster seniors at the Westminster Senior center. The event was a success.

Also, thank you Paula Ablondi for donating the all-occasion cards. We have an assortment of birthday, seasonal, sympathy. All are welcome to come in and browse.

We have a shelf of new pamphlets available. Hearing aid help, caregiver information, Fallon Health, fraud prevention, assisted living facilities, lifeline....

## **News from SHINE for August 2021**

### **Medicare Preventative Benefits!!**

Did you know that Medicare Part B covers approximately two dozen preventive benefits, often at no or low cost to you? These benefits include services such as your flu and pneumonia shots, screenings for various health conditions (e.g., heart disease and certain types of cancer), and options to help you stop smoking. Preventive care may help to keep you healthier by preventing illness or detecting medical conditions. For more details you can visit our website [www.shinema.org](http://www.shinema.org) and click Part B Preventative Services under the Medicare Tab.

### **Mail from Mass Health**

We want to remind you of the importance of opening and responding to any Mail you get from MassHealth. These mailings often have deadlines involved and you must respond to MassHealth by a specific date or lose your MassHealth coverage. If you get mail from MassHealth that you do not understand you should contact a family member or friend for assistance. If neither is available, you can contact the SHINE regional office and we will help you understand.

Trained SHINE (Serving Health Information Needs of Everyone) volunteers can help you. They provide unbiased, confidential counseling on all aspects of health insurance to anyone on Medicare. Call your local Senior Center and ask for a SHINE appointment. In Central Mass you can call 508-422-9931, or you can email us at [info@shinema.org](mailto:info@shinema.org). If you are Turning 65 and going on Medicare, visit our website [www.shinema.org](http://www.shinema.org) to download a copy of our 2021 Medicare Beginner's Guide and to register for our weekly, very informative Medicare 101 presentations that are available on the Zoom platform.

## **Calendar of Events**

- Card class will resume in August, two Tuesdays a month.
- Art “class” to resume in August tentatively Tuesdays. This may be an open class with both acrylic and watercolor. Come learn from each other.
- Pickleball: Wednesdays 9:30 – 11:30
- Line dancing: Thursday 10:00 – 11:00
- July 29<sup>th</sup> one year anniversary for COA van.
- August 18, Wednesday at noon, ACT brunch, Broadhurst point
- August 21 Sheriff’s Picnic drive thru/Christmas Tree Shop
- August 30 COA Board meeting 11:00 am
- September 7 Blood Pressure clinic resumes 10:00
- September 13 Forever young Club Meeting/Entertainment 12:30
- October 18 Health Fair 11:00 am – 1:00 pm

- The Council on Aging has acquired a juicer. Bring your own veggies and make yourself a healthy smoothie. Depending on the fruits and vegetables used, juice can be a good source of:
- Vitamin C, Vitamin A, Potassium, Vitamin K, Folate, Calcium & Iron

New shipment of shelf stable food has arrived. Please come in and browse or call if you need delivery.

A wooden tray is filled with a variety of shelf-stable food items. On the left, there's a bag of Austin Peanut Butter, a bag of snacks, and a box of Dairy Queen. In the center, there's a can of Nutri Grain cereal, a jar of Teddie jam, and a small container of jam. On the right, there's a box of Ravensburger puzzles and a box of cereal. The items are arranged on a wooden tray on a light-colored surface.[illegible]

## Legally Blind Hiker Conquers Maine's Highest Peak

Vision Rehab Therapist-Assistant, Sara Nicols, has now summited Maine's tallest peak, Mount Katahdin after starting to hike only seven months ago. "All of Katahdin can be overwhelming, but if I just slow it down and take it one step at a time and focus on enjoying it for each step, I'm able to do it," she said. She says she plans on climbing all 67 of the over 4,000-foot mountains in New England.



### Cold water

John visited his 90-year-old grandpa who lived way out in the country. On the first morning of the visit, John's grandpa prepared a breakfast of bacon and eggs. John noticed a film-like substance on his plate, and asked, "Are these plates clean?"

His grandpa replied, "They're as clean as cold water can get them. Just go ahead and finish your meal."

For lunch, Grandpa made hamburgers. Again, John was concerned about the plates, as his appeared to have specks of dried egg on it. "Are you sure these plates are clean?" he asked.

Without looking up, Grandpa said, "I told you before, those dishes are as clean as cold water can get them!"

Later, as John was leaving, his grandpa's dog started to growl and wouldn't let him pass.

John said, "Grandpa, your dog won't let me get by!"

Grandpa yelled to the dog, "Cold Water, go lie down!"